

(Breakthrough, September 1986)

## **INTEGRATION OF HEMI-SYNC® INTO A DIVERSIFIED HEALTH CLINIC**

*presented by Edward Lasko*

*Ed Lasko is trained as a psychologist and hypnotherapist and is the director of the biofeedback section of a health clinic in Latrobe, PA. His section receives referrals from both inside and outside the clinic, and serves about 70 patients a week. Those referred to the biofeedback unit are almost always in severe need, and are usually referred there as a last resort.*

Patients are first given an intake interview, which consists not only of a verbal and physical examination, but also a complete biofeedback examination—including establishing baselines of body temperature, GSR, EEG, and pulse rate.

Ed said he uses Hemi-Sync tapes extensively with his patients as part of an overall treatment program. He generally uses Hemi-Sync tapes after he's gotten to know the patient and his or her special problems and the patient is comfortable with him. Ed says he has occasionally used Hemi-Sync tapes right away with patients in emergency situations, but without explanation of the process only if necessary.

Ed employs nine basic approaches, or steps, in his biofeedback therapy: 1) Visualization, 2) Concentration, 3) Relaxation, 4) Breathing, 5) Perception of control, 6) Recognition of relationship between pain and/or anxiety and personal problems, 7) Ability to recognize stressors, 8) Quiet tolerance, 9) Control of body functions. Any or all of those steps can be used to build a therapy model, depending on the patient's needs.

Ed said Hemi-Sync is most effective in assisting patients with step #3 - relaxation. However, he notes that certain Hemi-Sync tapes have a variety of uses, while some are very specific in their application. Two of the tapes most frequently used are *Pain Control* (for obvious reasons) and *Super Senses Touch* which tends to make patients more aware of their senses, which in turn, greatly assists in biofeedback training.

Other Hemi-Sync tapes Ed has used with patients include: the DISCOVERY album, *Introduction to Focus 12*, *HP-10*, *Energy Walk*, *Retain-Recall-Release*, *Nutricia*, *Dehab Smoking*, *Sound Sleeper*, *Energy Bar Tool*, *Color Breathing*, *Living Body Map*, and a number of the Metamusic® tapes.

Ed cited a number of case histories of patients who have been helped by using Hemi-Sync tapes. He said one of the most powerful tools he has is the DISCOVERY #4 (*Release-Recharge*) tape, where the listener is asked to uncover fears and emotions and bubble them away. He talked of one woman referred to him after a history of electro-shock treatments who

had persistent headaches and was taking four different drugs, including feranol. Ed said talking her through the emotional cleansing process on that tape enabled her to quickly move from small things like, "I don't like cleaning my house trailer" to larger issues like, "I don't like living there." According to Ed, the woman is no longer on any medication, and her headaches have gone.

Summing up, Ed said the most important things he can do to assist any of his clients is to remember to talk with them, rather than to them; and to help them create a balance among their mind, their emotions, and their body while being sensitive to the best combination of biofeedback training, Hemi-Sync tapes, or whatever else it takes to make them well.

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